



## **The Challenge - Week 10**

It is hard to believe that we have almost completed the 10 in 10 Challenge. Hopefully you have become more aware of your activity level and food consumption, and have made positive changes in each of these areas. Remember that the goal is to develop the habits to live the healthy lifestyle you have been practicing during this challenge so that negative habits do not return. In that sense, the challenge never really ends and neither do the benefits of physical activity and proper nutrition.

For those just joining the 10 in 10 Challenge, please know that **it is never too late to join**. The initial Challenge began on January 15th and runs through March 25th. You will be able to download the previous weeks' e-mails from [inshape.in.gov](http://inshape.in.gov) at the conclusion of the Challenge. The 10 in 10 Challenge encourages those who could benefit from it to commit to losing 10 pounds in 10 weeks. **Keep reading to find this week's nutrition and physical activity challenge and get started today!**



### **Weekly Nutrition Challenge #10**

**Eat three servings of low fat dairy each day this week! - To reduce your calorie consumption by 250 calories, while still consuming the nutrients your body needs, choose low fat versions of your favorite dairy products and consume three servings of dairy every day this week.**

Experts recommend three servings of dairy each day to provide your body with the necessary nutrients for ideal health. Dairy products however, can vary widely in their fat and calorie content. That is why it is important to choose low fat versions of the dairy products that you love. You can still consume a healthy diet without consuming as much fat and calories. Examine the difference in calories between low fat and regular versions of the following items:

Item	Regular	Low fat
Milk (1 cup)	146	83
Cheddar Cheese (1oz)	95	51
Cottage Cheese (1 cup)	183	163
Yogurt (1 cup)	149	137

Source: [mypyramid.gov](http://mypyramid.gov)

Also remember that sweet flavorings added to dairy products can greatly increase the amount of calories you consume. Try unsweetened or lightly sweetened items whenever possible.

If you are lactose intolerant and don't consume milk or dairy products, choose other calcium sources such as fortified foods or beverages. Salmon with bones, tofu made with calcium, bok choy, kale, broccoli, breads and almonds are good alternative sources.

## Weekly Physical Activity Challenge #10

**Shoot some hoops! - Spend 35-45 minutes shooting baskets this week to burn an additional 250 calories everyday. You will burn even more calories if you take part in a game or even help officiate a game amongst others.**

It's that time of year again when basketball is all the rage. Here in Indiana we are no strangers to this classic game that also provides some exceptional health benefits. Whether you are practicing foul shots, chasing basketballs, or playing a pickup game of hoops, you are providing your body with the activity it needs to better serve you in your daily life.



Each day this week locate a basketball goal at your home, school, playground, or recreation center. You can easily find your motivation from the stars of the hardwood on TV this time of year. No hoop? Dribble a basketball around the neighborhood or a parking lot to fit this activity into your day. Now translate Indiana's passion for basketball into a fun way to get moving for better health!

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